SUMMARY

TRADITIONAL DIETS **MAXIMIZED** NUTRIENTS WHILE MODERN DIETS **MINIMIZE** NUTRIENTS

TRADITIONAL DIETS	MODERN DIETS
FOODS FROM FERTILE SOIL	FOODS FROM DEPLETED SOIL
ORGAN MEATS OVER MUSCLE MEATS	MUSCLE MEATS, FEW ORGANS
ANIMAL FATS	VEGETABLE OILS
ANIMALS ON PASTURE	ANIMALS IN CONFINEMENT
DAIRY PRODUCTS RAW AND/OR FERMENTED	DAIRY PRODUCTS PASTEURIZED
GRAINS AND LEGUMES SOAKED/FERMENTED	GRAINS REFINED, EXTRUDED
BONE BROTHS	MSG, ARTIFICIAL FLAVORINGS
UNREFINED SWEETENERS (HONEY, MAPLE SYRUP)	REFINED SWEETENERS
LACTO-FERMENTED VEGETABLES	CANNED VEGETABLES
LACTO-FERMENTED BEVERAGES	MODERN SOFT DRINKS
UNREFINED SALT	REFINED SALT
NATURAL VITAMINS IN FOODS	SYNTHETIC VITAMINS ADDED
TRADITIONAL COOKING	MICROWAVE, IRRADIATION
TRADITIONAL SEEDS/OPEN POLLINATION	HYBRID SEEDS, GMO SEEDS

DISCLAIMER

The information contained in this presentation is not intended as a substitute for professional medical advice, diagnosis or treatment.

It is provided for educational purposes only.

You assume full responsibility for how you choose to use this information.

NOURISHING TRADITIONAL DIETS

THE KEY TO VIBRANT HEALTH

PART III

BY SALLY FALLON MORELL, PRESIDENT
THE WESTON A. PRICE FOUNDATION

POWERPOINT DESIGN, AS WELL AS SOME STUDIO PHOTOGRAPHY,
BY SANDRINE HAHN

MODERN COMMERCIAL MILK

VERSUS

Real Milk

FULL-FAT ▪ PASTURE-FED ▪ UNPROCESSED

RAW MILK IS UNIQUELY SAFE

Consider the calf, born in the muck, which then suckles on its mother's manure-covered teat.

How can that calf survive?

Because raw milk contains multiple, redundant systems of bioactive components that can reduce or eliminate populations of pathogenic bacteria.

BUILT-IN PROTECTIVE SYSTEMS IN RAW MILK

LACTOPEROXIDASE

HYDROGEN PEROXIDE: Uses small amounts of H_2O_2 and free radicals to seek out and destroy pathogens

WIDESPREAD: In all mammalian secretions—breast milk, tears, saliva, etc.

HIGHER IN ANIMAL MILK: Lactoperoxidase levels *10 times higher* in goat milk than in breast milk

ALTERNATIVE TO PASTEURIZATION: Other countries are looking into using lactoperoxidase instead of pasteurization to ensure safety of commercial milk

British Journal of Nutrition 2000; 84(Suppl. 1):S19-S25.
Indian Journal Exp Biology 1998 Aug;36:808-810.
J Dairy Sci 1991; 74:783-787.
Life Sciences, 2000; 66(23):2433-2439.

BUILT-IN PROTECTIVE SYSTEMS IN RAW MILK

LACTOFERRIN

PLENTIFUL in raw milk; effectiveness reduced by pasteurization[1]

STEALS IRON away from pathogens and carries it through the gut wall into the blood stream; stimulates the immune system[1]

TB: In a study involving mice bred to be susceptible to tuberculosis, treatment with lactoferrin significantly reduced the burden of tuberculosis organisms.[2]

CANDIDA: Mice injected with *Candida albicans*, another iron-loving organism, had increased survival time when treated with lactoferrin.[3]

WEIGHT LOSS: Believed to cut visceral fat levels up to 40%[4]

BENEFITS: Many other health benefits—is sold as a supplement!

1. *British J Nutrition*, 2000;84(Suppl. 1):S11-S17.
2. *J Experimental Med*, 2002 DEC 02;196(11):1507-1513.
3. *Infection and Immunity*, 2001 JUN;69(6):3883-3890.
4. *MSN-Mainichi Daily News*, 2007 APR 11.

BUILT-IN PROTECTIVE SYSTEMS IN RAW MILK:
COMPONENTS OF BLOOD

LEUKOCYTES—Eat all foreign bacteria, yeast and molds (phagocytosis). Destroyed at 56ºC and by pumping milk. Produce H_2O_2 to activate the lactoperoxidase system. Produce anaerobic CO_2 that blocks all aerobic microbes. Basis of immunity.

B-LYMPHOCYTES—Kill foreign bacteria; call in other parts of the immune system[1,2]

MACROPHAGES—Engulf foreign proteins and bacteria[2]

NEUTROPHILS—Kill infected cells; mobilize other parts of the immune system[1]

T-LYMPHOCYTES—Multiply if bad bacteria are present; produce immune-strengthening compounds[1]

IMMUNOGLOBULINS (IGM, IGA, IGG1, IGG2)—Transfer of immunity from cow to calf/person in milk and especially colostrum; provides "passive immunization"[2]

ANTIBODIES—Bind to foreign microbes and prevent them from migrating outside the gut; initiate immune response.

1. *Scientific American*, December 1995.
2. *British J of Nutrition*, 2000:84(Suppl. 1):S3-S10, S75-S80, S81-S89, S135-136.

BUILT-IN PROTECTIVE SYSTEMS IN RAW MILK:
FATS AND CARBOHYDRATES

POLYSACCHARIDES—Encourage the growth of good bacteria in the gut; protect the gut wall

OLIGOSACCHARIDES—Protect other components from being destroyed by stomach acids and enzymes; bind to bacteria and prevent them from attaching to the gut lining; other functions just being discovered.[1,2]

MEDIUM-CHAIN FATTY ACIDS—Disrupt cell walls of bad bacteria; levels so high in goat milk that the test for the presence of antibiotics had to be changed; may reduce intestinal injury and protect the liver.[3]

PHOSPHOLIPIDS and SPHINGOLIPIDS—Bind to intestinal cells, prevent absorption of pathogens and toxins.[3] Sphingolipids are important components in cell membranes, protect cells against toxins, support digestion and protect against cancer.

1. *British J Nutrition*, 2000:84(Suppl. 1):S3-S10.
2. *Scientific American*, December 1995.
3. *International Dairy Journal* 2006 16:1374-1382 and 1362-1373.
4. Sphingolipids and Cancer, scitopics.com; Koopman, J S, et al, *AJPH*, 1984, 74:12:1371-1373.

BUILT-IN PROTECTIVE SYSTEMS IN RAW MILK:

OTHER BIOACTIVE COMPONENTS

ENZYMES, E.G. COMPLEMENT AND LYSOZYME—Disrupt bacterial cell walls. Complement destroyed at 56ºC; Lysozyme at 90ºC.[1,2]

HORMONES AND GROWTH FACTORS—Stimulate maturation of gut cells; prevent "leaky" gut.[2]

MUCINS—Adhere to bacteria and viruses, preventing those organisms from attaching to the mucosa and causing disease.[1,2]

FIBRONECTIN—Increases antimicrobial activity of macrophages and helps to repair damaged tissues.[1]

GLYCOMACROPEPTIDE—Inhibits bacterial/viral adhesion, suppresses gastric secretion, and promotes bifido-bacterial growth; supports immune system.[3]

1. *British J Nutrition,* 2000:84(Suppl. 1):S3-S10.
2. *Scientific American,* December 1995.
3. *British J Nutrition,* 2000:84(Suppl. 1):S3-S10, S39-S46.

BUILT-IN PROTECTIVE SYSTEMS IN RAW MILK:
OTHER BIOACTIVE COMPONENTS

BENEFICIAL BACTERIA—*Lactobacilli* and *bifidus* bacteria, crowd out bad bacteria, product lactic acid that kills bad bacteria.

BIFIDUS FACTOR—Promotes growth of *Lactobacillus bifidus*, a helpful bacteria in baby's gut, which helps crowd out dangerous germs.[1,2]

B12 BINDING PROTEIN—Reduces Vitamin B12 in the colon, which harmful bacteria need for growth.[1]

LACTOGLOBULINS—Carry vitamins A and D and possibly other nutrients.[3]

1. *Scientific American,* December 1995.
2. *British J Nutrition,* 2000:84(Suppl. 1):S3-S10, S39-S46.
3. *FEBS Journal* 2009 276:2251-2265.

FIVEFOLD PROTECTIVE SYSTEM IN RAW MILK

1. Destroys pathogens in the milk.
2. Stimulates the immune system.
3. Builds healthy gut wall.
4. Prevents absorption of pathogens and toxins in the gut.
5. Ensures assimilation of all the nutrients.

DESTRUCTION OF BUILT-IN SAFETY SYSTEMS BY PASTEURIZATION

Component	Breast Milk	Raw Milk	Pasteurized Milk	UHT Milk	Infant Formula
B-lymphocytes	Active	Active	Inactivated	Inactivated	Inactivated
Macrophages	Active	Active	Inactivated	Inactivated	Inactivated
Neutrophils	Active	Active	Inactivated	Inactivated	Inactivated
Lymphocytes	Active	Active	Inactivated	Inactivated	Inactivated
IgA/IgG Antibodies	Active	Active	Inactivated	Inactivated	Inactivated
B_{12} Binding Protein	Active	Active	Inactivated	Inactivated	Inactivated
Bifidus Factor	Active	Active	Inactivated	Inactivated	Inactivated
Medium-Chain FAs	Active	Active	Reduced	Reduced	Reduced
Fibronectin	Active	Active	Inactivated	Inactivated	Inactivated
Gamma-Interferon	Active	Active	Inactivated	Inactivated	Inactivated
Lactoferrin	Active	Active	Reduced	Inactivated	Inactivated
Lysozyme	Active	Active	Active	Inactivated	Inactivated
Mucin A/Oligosaccharides	Active	Active	Reduced	Reduced	Inactivated
Hormones/Growth Factors	Active	Active	Reduced	Reduced	Inactivated

1. *Scientific American*, December 1995.
2. *The Lancet*, 17 NOV 1984;2(8412):1111-1113.

RAW MILK KILLS PATHOGENS

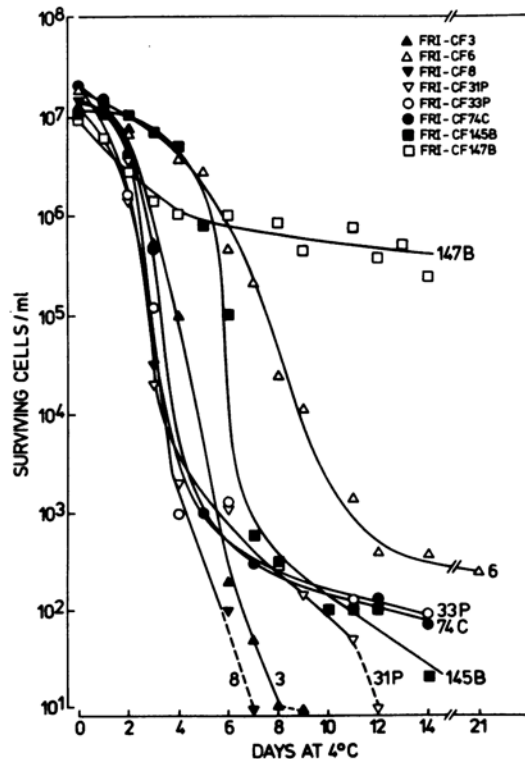



FIG. 1.
Survival of *C. jejuni* and NARTC in unpasteurized milk held at 4°C. No campylobacters were detected at the <10-CFU/ml level (minimum level of sensitivity) in the final sampling.

- Large amounts of Campylobacter (an amount found in 20,000 grams manure) added to chilled raw milk (4° C):

- Most strains showed a dramatic decline
  Day 0 = 13,000,000/ml
  Day 9 = less than 10/ml

- The only strain that did not decline was a non-human strain.

Applied and Environmental Microbiology, 1982;44(5):1154-58

FOOD-BORNE ILLNESS 1999-2006

- Using the yearly average illnesses linked to Dairy outbreaks as the baseline

SOME OUTBREAKS DUE TO PASTEURIZED MILK

1976	1 outbreak *Y. enterocolitica* in 36 children, 16 of whom had appendectomies, due to pasteurized chocolate milk.
1982	Over 17,000 cases *Y. enterocolitica* in several states from milk produced in Memphis, TN.
1983	1 outbreak, 49 cases, 14 deaths from *L. monocytogenes* in MA.
1984-85	3 outbreaks of antimicrobial-resistant *S. typhimurium*, at plant in Melrose Park IL. The third wave had 16,284 confirmed cases; surveys indicated as many as 197,581 persons may have been affected.
1985	1,500+ cases, *Salmonella* culture confirmed, in Northern IL.
1993-94	1 outbreak, 2,014 cases/142 confirmed *S. enteritidis* due to pasteurized ice cream in MN, SD, WI.
1995	Outbreak of *Y. enterocolitica* in 10 children, 3 hospitalized due to post-pasteurization contamination.
2000	1 outbreak, 98 cases/38 confirmed *S. typhimurim* in PA and NJ.
2005	1 outbreak, 200 cases *C. jejuni* in CO prison.
2006	1 outbreak, 1,592 cases/52 confirmed *C. jejuni* infections in CA.
2007	1 outbreak, 3 deaths in Massachusetts.
2009	1 outbreak, 7 deaths from pasteurized cheese in Europe.

SOLUTION TO THE "MILK PROBLEM"

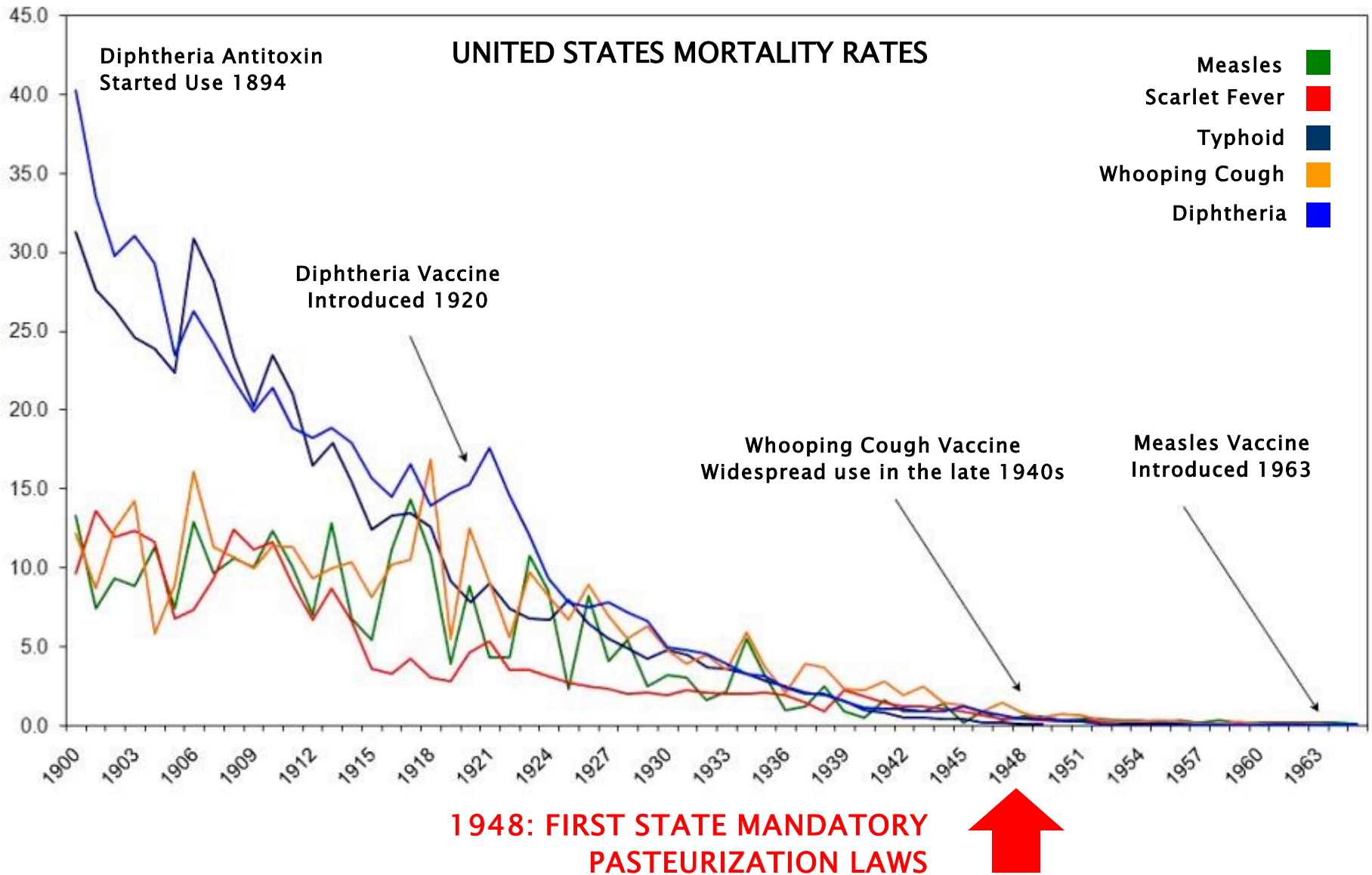
During the 1800s, there was a 50 percent death rate among urban children drinking "Swill Milk," that is, milk produced in inner city confinement dairies, from cows fed brewery swill and raised in unimaginable filth.

THE "MILK PROBLEM" WAS SOLVED BY

- ✓ Outlawing inner city swill dairies
- ✓ The Certified Milk Movement, which ensured clean raw milk
- ✓ Improved sanitation in cities
- ✓ Increased access to refrigeration

NOT BY MILK PASTEURIZATION LAWS

DECLINE IN INFECTIOUS DISEASE NOT RELATED TO MANDATORY PASTEURIZATION

http://www.healthsentinel.com/joomla/images/stories/graphs/us-deaths-1900-1965.

THE CAMPAIGN AGAINST RAW MILK

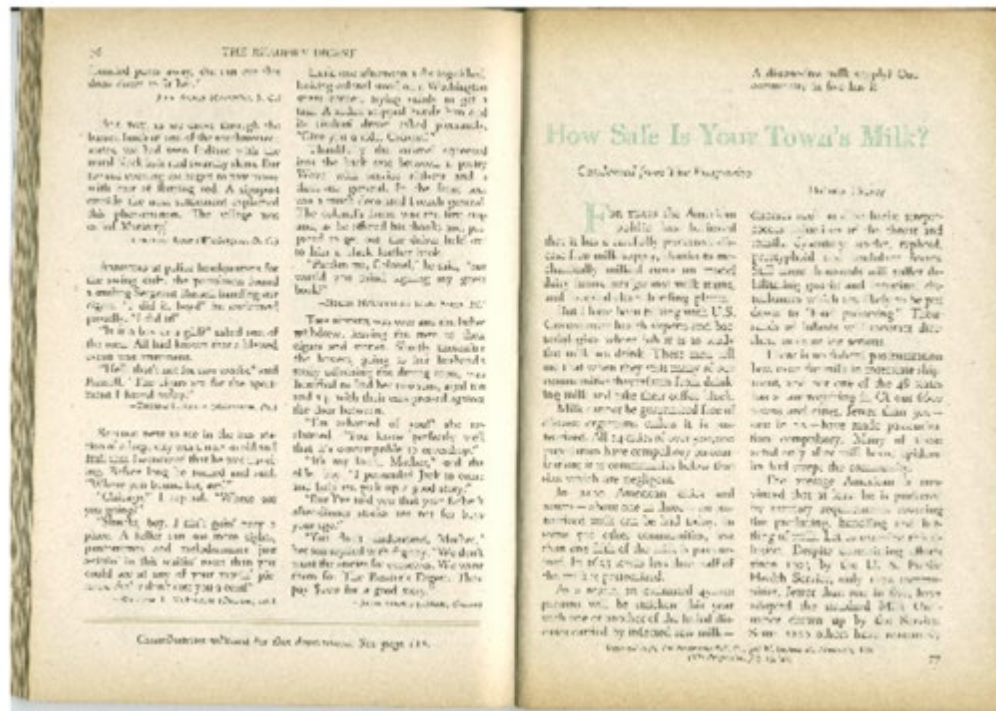
ARTICLE IN CORONET MAGAZINE, MAY, 1945

- Seemingly factual article about a town called Crossroads, USA, where many died from undulant fever, contracted from raw milk
- One small problem: the whole story was made up, there was no Crossroads, USA, and no outbreak of undulant fever!

THE CAMPAIGN AGAINST RAW MILK

AUGUST, 1946, READER'S DIGEST

REPEATED FALSE STORY ABOUT CROSSROADS, USA

How Safe Is Your Town's Milk?

Lies about raw milk continue to this day!

BIAS IN REPORTING SAFETY OF RAW MILK

1983 GEORGIA OUTBREAK

OUTBREAK of campylobacter infection in Atlanta.

EXTENSIVE TESTING failed to find campylobacter or any other pathogens in any milk products from the dairy. All safety measures had been followed faithfully.

AUTHORS' CONCLUSION: "The only means available to ensure the public's health would be proper pasteurization before consumption."

DAIRY CLOSING: Led to closing of Mathias raw milk dairy.

American Journal of Epidemiology, 1983 Vol 114, No 4

BIAS IN REPORTING SAFETY OF RAW MILK

2001 WISCONSIN OUTBREAK

OUTBREAK: November 2001 outbreak of campylobacter in Wisconsin blamed on raw milk from a cow-share program in Sawyer County. The farm has an outstanding safety record.

OFFICIAL REPORT: 70-75 persons ill. (CDC Website)

INDEPENDENT REPORT: Over 800 ill during 12 weeks after.

HAMBURGER LIKELY CAUSE: Only 24 of 385 cow share owners became ill. Most had consumed hamburger at a local restaurant. No illness in remaining 361 cow-share owners.

BIAS: Local hospitals tested only those who said they had consumed raw milk; others sent home without investigation.

LAB TESTS CLEAN: Independent lab tests found no campylobacter in the milk.

FDA POWERPOINT PRESENTATION

WARNING AGAINST RAW MILK, CITING 15 STUDIES

No Valid Positive Milk Sample	12/15	80%
No Valid Statistical Association with Raw Milk	10/15	67%
Findings Misrepresented by FDA	7/15	47%
Alternatives Discovered, Not Pursued	5/15	33%
No Evidence Anyone Consumed Raw Milk Products	2/15	13%
Outbreak Did Not Even Exist	1/15	13%
Did Not Show that Pasteurization Would Have Prevented Outbreak	15/15	100%

RAW MILK PRODUCTION TODAY

Compared to 30-50 years ago, dairy farmers today can take advantages of many advancements that contribute to a safe product:

- Managed rotational grazing ensures healthy cows
- Herd testing for disease
- Refrigerated bulk tanks
- Refrigerated transportation
- Easier milk testing techniques

MILK SAFETY IN CALIFORNIA

SINCE 1999:

MILLIONS OF SERVINGS of Organic Pastures raw milk, not one proven illness; in thousands of tests, no human pathogens ever found in the milk, or even in the manure on the farm.

MANY RECALLS of pasteurized milk products during the same period.

SUMMARY OF RAW MILK SAFETY

SAFEST FOOD: Raw milk is safer than any other food.

BUILT-IN SAFETY MECHANISMS: Raw milk is the ONLY food that has built-in safety mechanisms.

40-YEAR-OLD SCIENCE: Claims that raw milk is unsafe are based on 40-year-old science.

COURT OF LAW: Claims that raw milk is unsafe would not hold up in a court of law.

PASTEURIZED MILK =
INCREASING HEALTH PROBLEMS IN CHILDREN

ALLERGIES

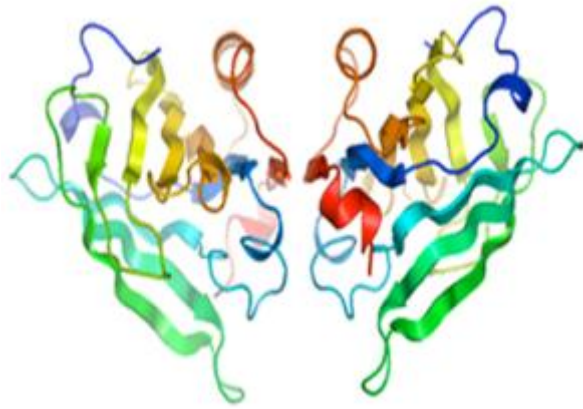
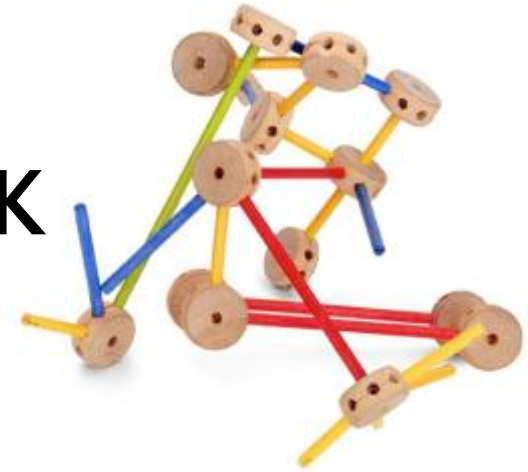
ASTHMA

FREQUENT EAR INFECTIONS

GASTROINTESTINAL PROBLEMS

DIABETES

AUTOIMMUNE DISEASE

ATTENTION DEFICIT DISORDER

PROTEINS IN MILK

MILK PROTEINS: Three dimensional, like Tinkertoys.

CARRIERS: Carry vitamins and minerals through the gut into the blood stream; enhance the immune system; protect against disease.

IMMUNE DEFENSE: Pasteurization and ultra-pasteurization flatten the three-dimensional proteins; the body thinks they are foreign proteins and mounts an immune defense.

DISEASES: Immune attacks lead to juvenile diabetes, asthma, allergies and other disorders later in life.

ALLERGIES: More and more people unable to tolerate pasteurized milk; one of the top eight allergies; some have violent reactions to it.

DECLINE: Consumption of fluid milk declining at 1 percent per year.

RAW MILK DIGESTIBILITY

RAW MILK DIGESTS ITSELF!

- Enzymes in raw milk are activated in the digestive tract
- Enzymes and carrier proteins in raw milk ensure all nutrients are absorbed
- Friendly bacteria in milk aid in digestion
- No energy required to digest raw milk; net energy gain

PASTEURIZED MILK IS VERY DIFFICULT TO DIGEST

- The body must supply the enzymes needed to digest the milk
- Proteins warped and distorted by pasteurization put additional strain on digestion
- Much energy required to digest pasteurized milk; net energy loss

STUDIES ON RAW VS. PASTEURIZED MILK AT RANDLEIGH FARM, 1935-1940

HISTORY OF RANDLEIGH FARM

Rat fed only raw milk from cows fed dry ice grass silage and grain. Notice absence of acrodynia.

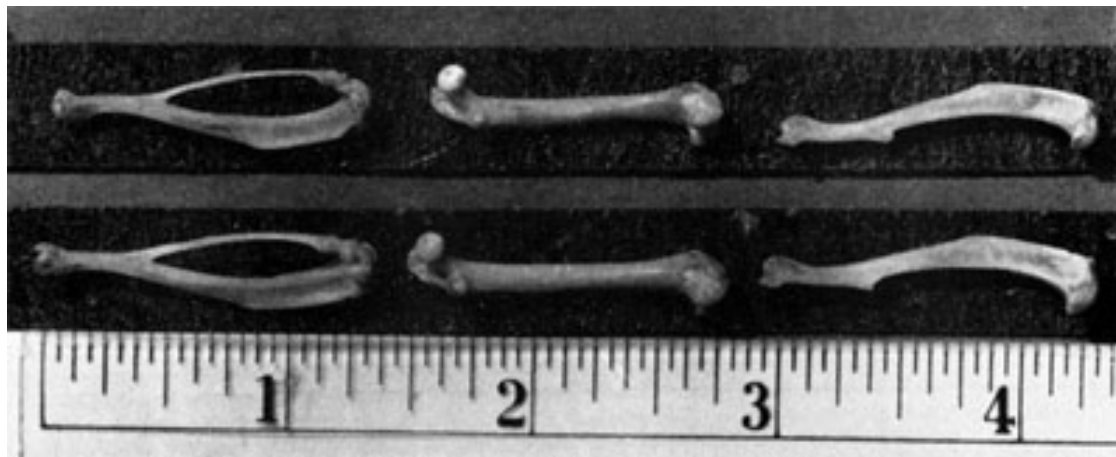
Rats fed only pasteurized milk from cows fed dry ice grass silage. Hairless areas (acrodynia) are due to a deficiency of vitamin B_6.

ABOVE: Rat fed only raw milk. Good development, healthy fur.

BELOW: Rats fed only pasteurized milk. Poor development. Hairless areas (acrodynia) due to vitamin B6 deficiency.

BONE DEVELOPMENT

SIX-MONTH STUDY

PASTEURIZED MILK-FED RAT, weighed 146 grams
Bones shorter and less dense

RAW MILK-FED RAT, weighed 206 grams
Bones longer and more dense

One-to-One Exposure of Femur, Tibia and Fibula

GUINEA PIG STUDIES
OF WULZEN AND BAHRS

Department of Zoology
Oregon State College, 1941

WHOLE RAW MILK	Excellent growth; no abnormalities
WHOLE PASTEURIZED MILK	Poor growth; muscle stiffness; emaciation and weakness; death within one year. Autopsy revealed atrophied muscles streaked with calcification; tricalcium phosphate deposits under skin, in joints, heart and other organs.

American Journal of Physiology 1941; 133: 500

RAT STUDIES OF SCOTT AND ERF

Ohio State University, 1931

WHOLE RAW MILK	Good growth; sleek coat; clear eyes; excellent dispositions; enjoyed being petted.
WHOLE PASTEURIZED MILK	Rough coat; slow growth; eyes lacked luster; anemia; loss of vitality and weight; very irritable, often showing a tendency to bite when handled.

Jersey Bulletin 1931 50:210-211;224-226, 237

ASTHMA AND RAW MILK – 2007

RAW MILK STRONGEST FACTOR: In a study of 14,893 children aged 5-13, consumption of raw milk was the strongest factor in reducing the risk of asthma and allergy, whether the children lived on a farm or not.

FIRST YEAR OF LIFE: The benefits were greatest when consumption of farm milk began during the first year of life.

Clinical & Experimental Allergy. 2007 May; 35(5) 627-630.

LACTOSE INTOLERANCE

29 MILLION: Results from a survey by Opinion Research Corporation, commissioned by the Weston A. Price Foundation, indicate that about 29 million Americans are lactose intolerant.

RAW MILK OK FOR 82 PERCENT: Results from a private survey carried out in Michigan indicate that 90 percent of those diagnosed as lactose intolerant can drink raw milk without problem.

24 MILLION COULD BENEFIT: Thus, 24 million Americans diagnosed as lactose intolerant could benefit from raw milk.

CONFINEMENT DAIRY SYSTEM

Cows never leave stalls. Life span averages 42 months.

THE MODERN COW – THREE MILKINGS PER DAY

Often milked for 600 days without a break, or until death.

PHOTO COURTESY OF CULINARYHATCHET.COM

MODERN MILK FROM FARM TO FACTORY

FEED GIVEN TO CONFINED COWS

Feed	Result in Milk
SOY	Allergenic soy protein and estrogenic isoflavones
GMO GRAINS	Aflatoxins – liver poisons
BAKERY WASTE	Trans fatty acids
CITRUS PEEL CAKE	Cholinesterase inhibitors – pesticides that act as nerve poisons
HORMONES AND ANTIBIOTICS	Hormones and antibiotics
SWILL FROM ETHANOL PRODUCTION!	Chemicals used in ethanol production

THE WASTELAND

Compulsory pasteurization laws are largely responsible for the decline of American small towns and rural life.

Pasteurization laws transform what should be a local value-added product into a commodity product.

ALL TRUTH PASSES THROUGH THREE STAGES:

First, it is ridiculed.

Second, it is violently opposed.

Third, it is accepted as self-evident.

ARTHUR SCHOPENHAUER

RAW MILK RESOURCES:
A CAMPAIGN FOR REAL MILK

- **WEBSITE:** realmilk.com
- Detailed scientific information about raw milk
- Raw milk regulations by state
- Sources of raw milk at realmilk.com or through local chapters of the Weston A. Price Foundation at westonaprice.org
- *The Untold Story of Milk*

RAW MILK RESOURCES:

THE FARM-TO-CONSUMER LEGAL DEFENSE FUND

LEGAL DEFENSE FOR SMALL FARMERS

- Raw Milk Protection
- Right to On-Farm Processing and Direct Sales
- Resistance to Animal Identification Programs

WEBSITE: farmtoconsumer.org

PHONE: (703) 208-FARM

4. ELIMINATE REFINED SWEETENERS

SUGAR

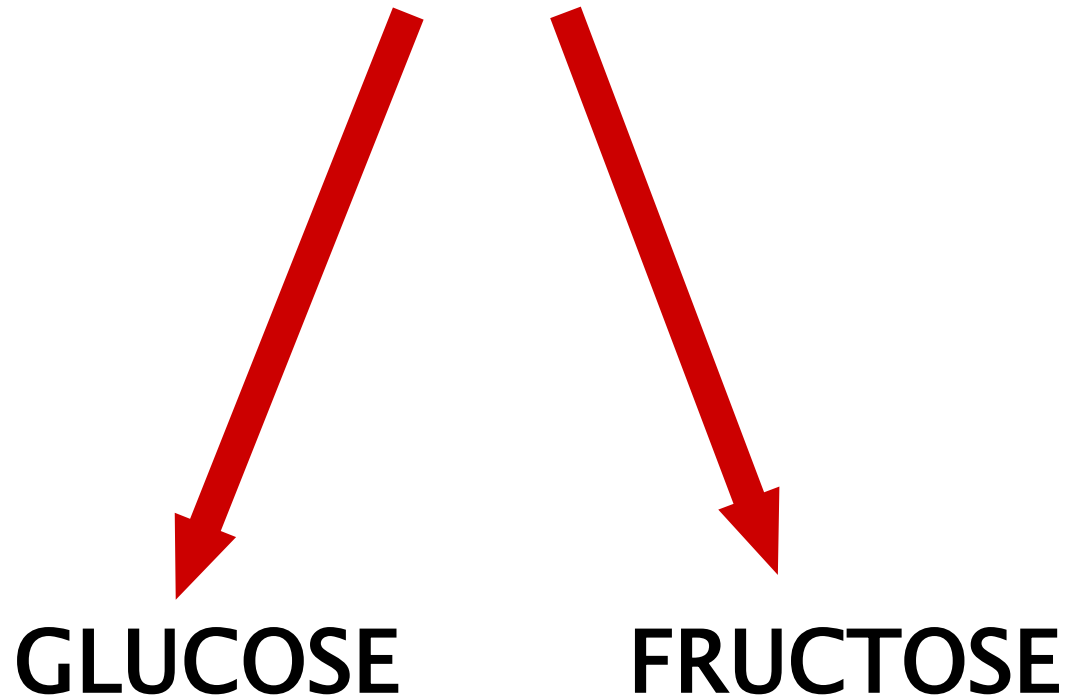
DEXTROSE

FRUCTOSE

GLUCOSE

HIGH FRUCTOSE CORN SYRUP

FRUIT JUICES

SUCROSE

IN ANIMAL STUDIES, FRUCTOSE WAS FOUND TO BE HARMFUL WHILE GLUCOSE WAS NOT.

FRUCTOSE AND HEALTH

LIVERS of rats on high-fructose diet resembled livers of alcoholics.

ANEMIA

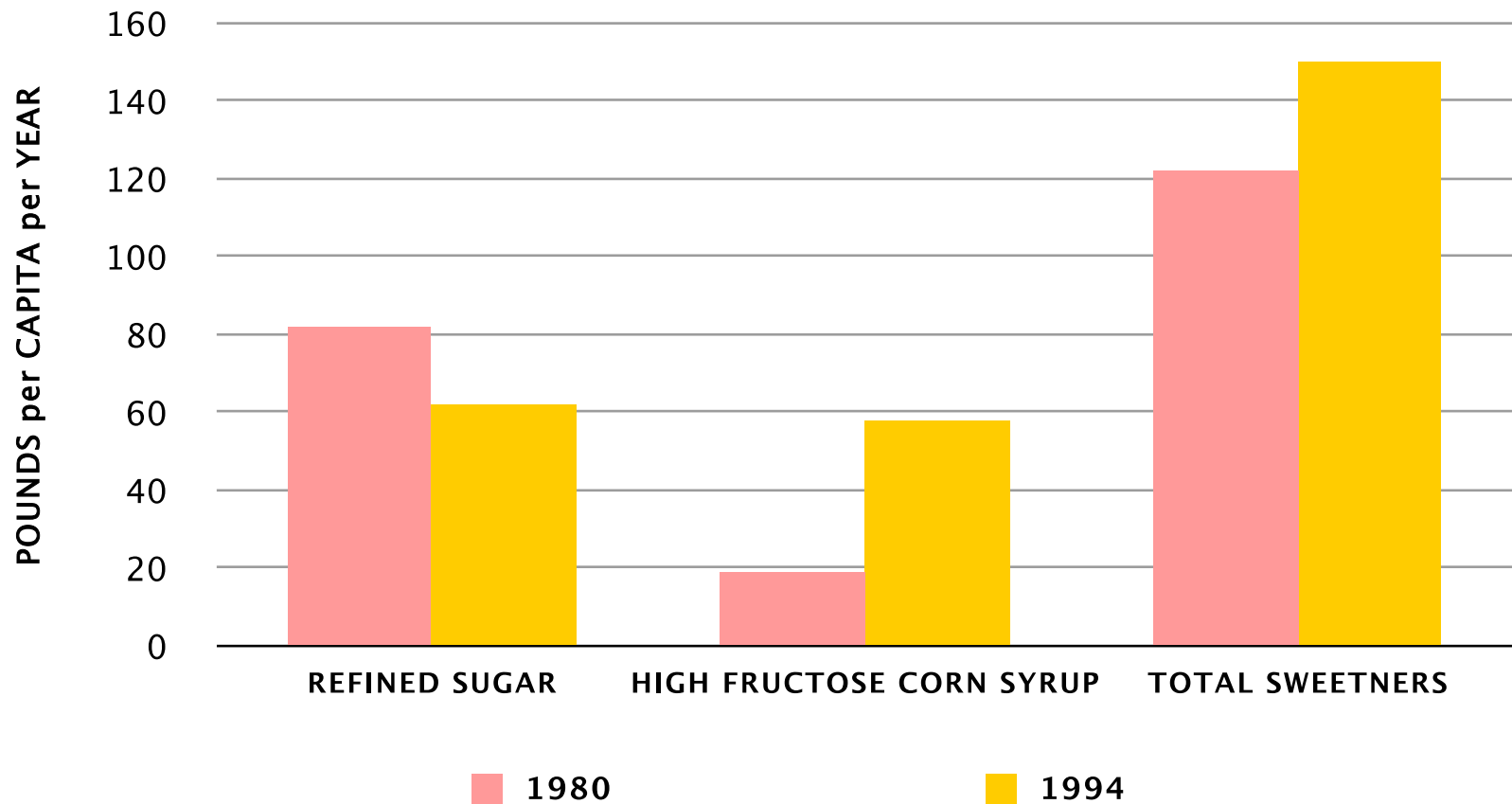
HEART HYPERTROPHY - enlarged and exploded

COPPER DEFICIENCY in combination with fructose interferes with collagen production, hence rat bodies fell apart. Copper deficiency widespread in the United States.

DELAYED testicular development in male rats.

FEMALE RATS were unable to produce live young.

MALE RATS did not reach adulthood.

US CONSUMPTION OF REFINED SUGARS

SOURCE: USDA

DISEASES ASSOCIATED WITH CONSUMPTION OF REFINED SWEETENERS

DIABETES

HYPOGLYCEMIA

CHRONIC ELEVATED INSULIN

CORONARY HEART DISEASE

CANCER

INFECTIOUS DISEASES

HYPERACIDITY OF THE STOMACH

LIVER DISEASE

KIDNEY DISEASE

INFERTILITY

ASTHMA

ACNE

HEADACHES

THYROID MALFUNCTION

ADRENAL MALFUNCTION

OBESITY

INCREASED DESIRE FOR ALCOHOL

INCREASED DESIRE FOR COFFEE AND TOBACCO

CANDIDA ALBICANS INFECTION

BONE LOSS

DENTAL DECAY

HYPERACTIVITY

VIOLENT TENDENCIES

DEPRESSION

NATURAL SWEETENERS

USE IN MODERATION

RAPADURA (DEHYDRATED SUGAR CANE JUICE), MAPLE SYRUP AND MAPLE SUGAR, MOLASSES, STEVIA POWDER AND RAW HONEY

POSSIBLE CAUSES OF SUGAR CRAVINGS

WRONG FATS IN THE DIET

IMPROPER PREPARATION OF GRAINS

TOO FEW OR TOO MANY ANIMAL FOODS

MINERAL DEFICIENCIES

NEUROTOXIC ADDITIVES
SUCH AS MSG AND ASPARTAME

5. ELIMINATE TOXIC METALS AND ADDITIVES AS MUCH AS POSSIBLE

SOURCES OF TOXIC METALS

ALUMINUM	Cookware Antacids Commercial salt Baking powder Deodorants
MERCURY	Amalgam fillings Large fish, such as swordfish and tuna
LEAD	Water from lead pipes Some cookware glazes and enamels Dark hair dyes
IRON	All commercial white flour products
CADMIUM	Commercially raised fruits and vegetables

EFFECTS OF FLUORIDE

MAIN EFFECTS

- Depresses thyroid function
- Enzyme inhibitor

LEADING TO

- Premature aging
- Arthritis
- Osteoporosis
- Irregular bone growth
- Degeneration of bone and cartilage
- Mottling of the teeth – fluorosis
- Acne and other skin problems
- Damage to the immune system
- Hardening of the arteries
- Genetic damage
- Cancer
- Violent behavior

FOOD ADDITIVES

THE AVERAGE AMERICAN EATS NINE POUNDS OF CHEMICAL ADDITIVES PER YEAR, INCLUDING

Preservatives	Dyes, Coloring	Bleaches
Emulsifiers	Antioxidants	Flavors and Colors
Buffers	Noxious sprays	Acidifiers
Alkalizers	Deodorants	Moisturizers
Anti-caking agents	Anti-foaming agents	Conditioners
Curers	Hydrolizers	Drying agents
Gases	Extenders	Thickeners
Sweeteners	Maturers	Fortifiers

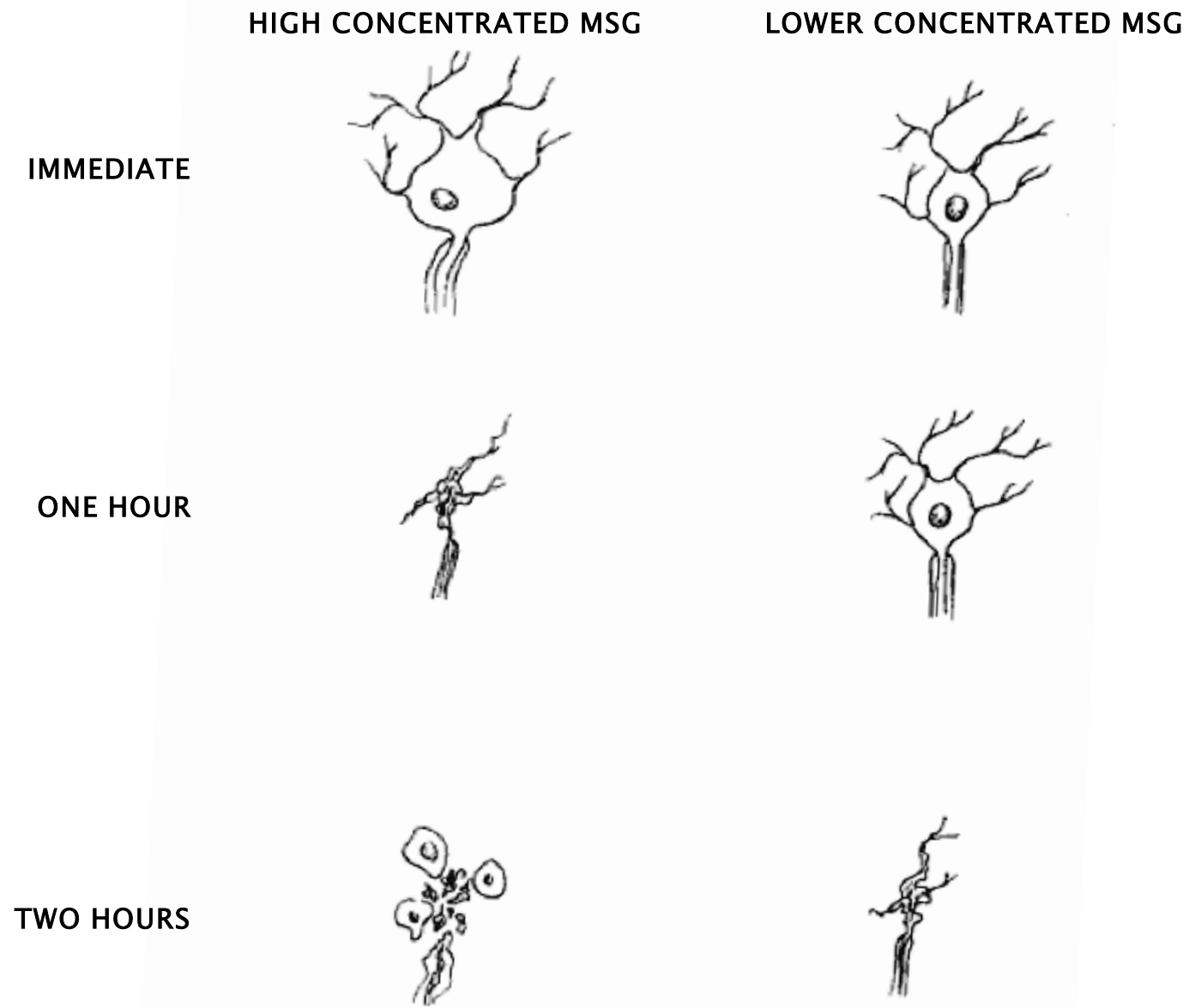
NEUROTOXIC ADDITIVES

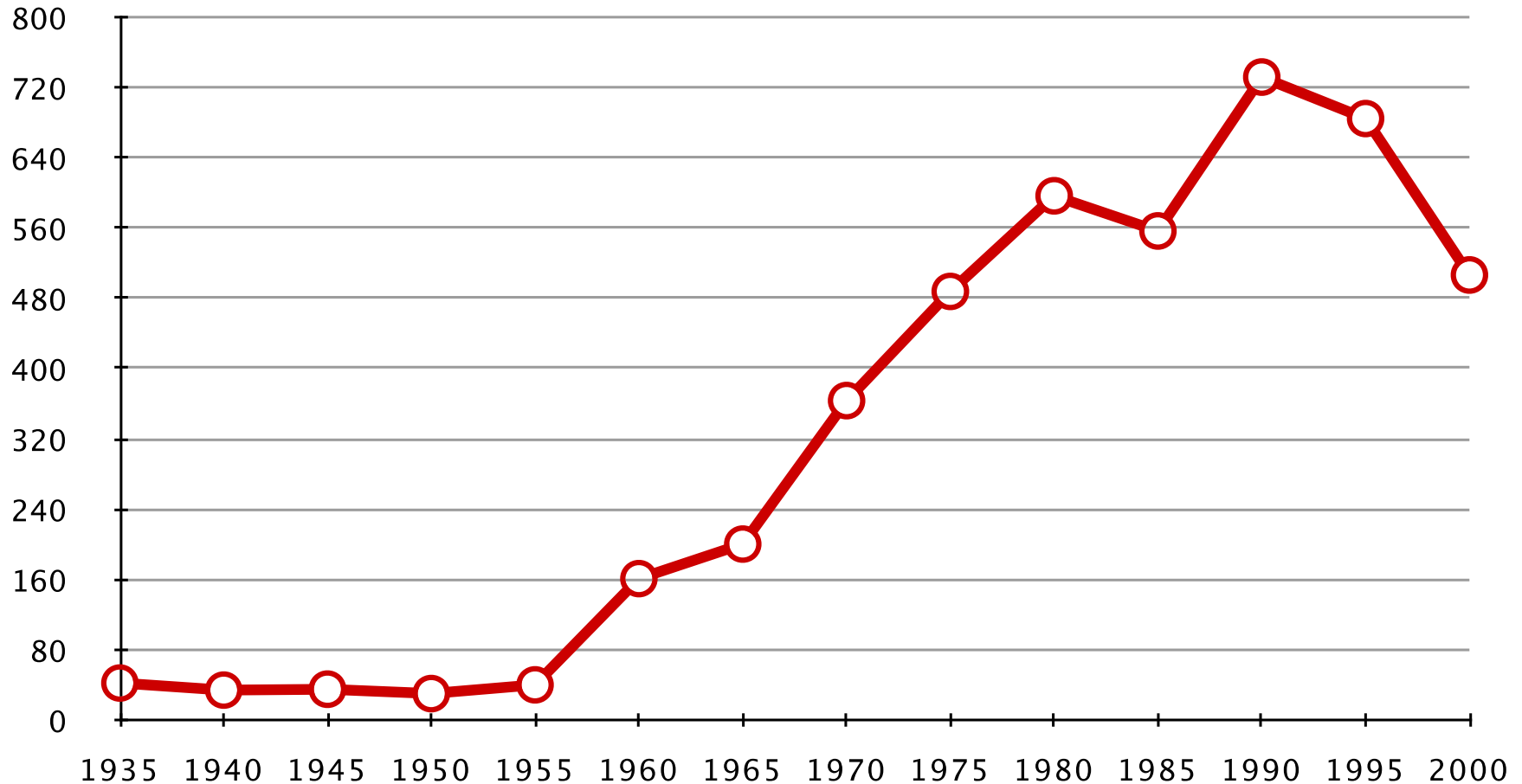
MSG

HYDROLYZED PROTEIN

ASPARTAME

Neurotoxins are found in reduced-fat milks, anything hydrolyzed or autolyed, and many processed products containing "flavorings" or even "natural flavorings."

	HIGH CONCENTRATED MSG	LOWER CONCENTRATED MSG
IMMEDIATE		
ONE HOUR		
TWO HOURS		

From *EXCITOTOXINS* By Russell Blaylock, MD

INCREASE IN VIOLENT CRIME SINCE THE 1950s

UNITED STATES VIOLENT CRIME INDEX RATES PER 100,000 INHABITANTS

From statistics and trends reported at http://www.disastercenter.com/crime/uscrime.htm and http://www.jrsa.org/programs/Historical.pdf

ARTIFICIAL SWEETENERS

ASPARTAME
Equal, Nutrasweet

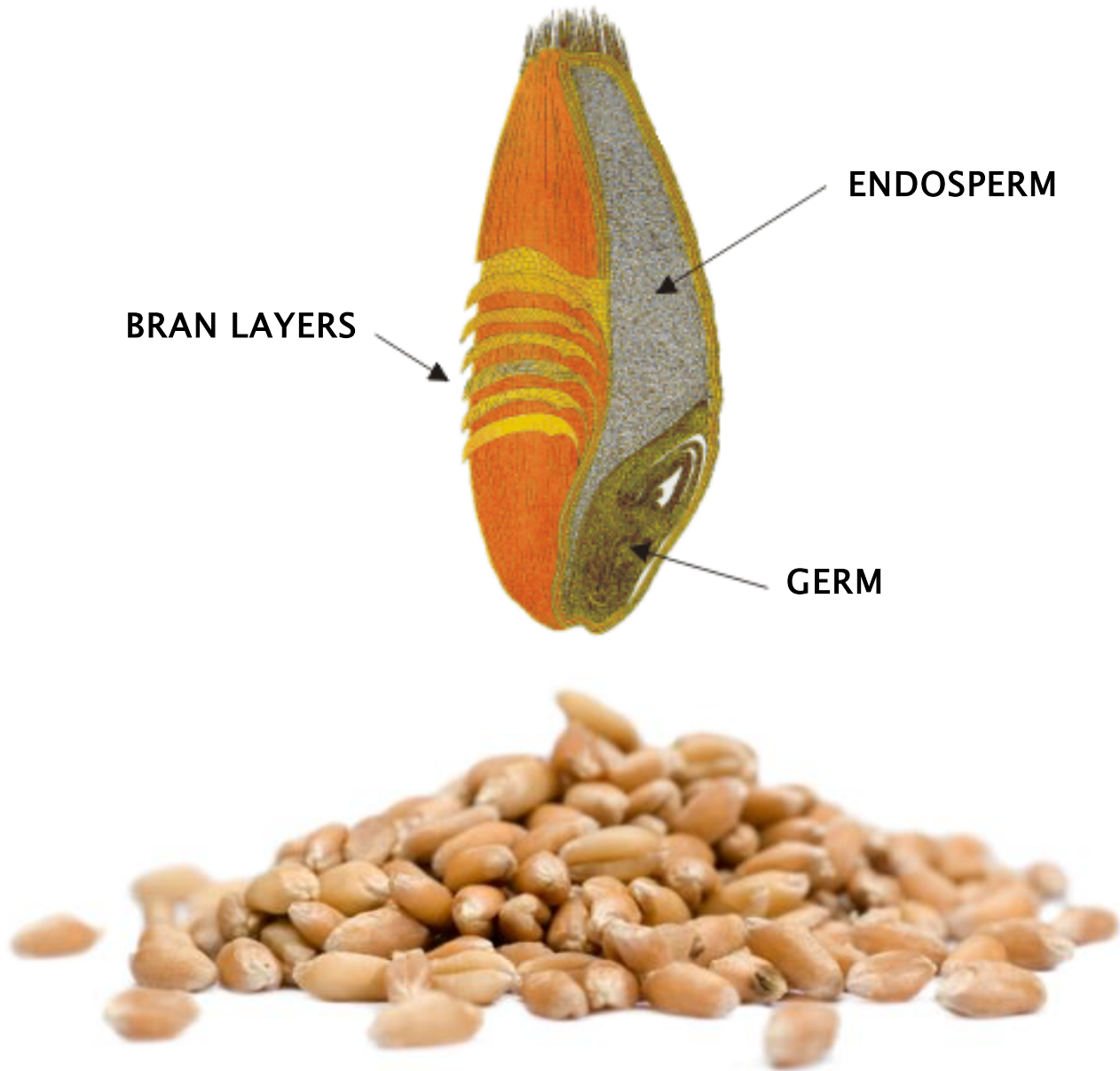
Headaches
Seizures
Sudden drop in BP
Brain cancer
Damage to retina
Altered neurotransmitters
Stimulates insulin release
Increased food consumption

SUCRALOSE
Splenda

Shrunken thymus
Enlarged liver and kidneys
Reduced growth rate
Decreased red blood cells
Prolonged pregnancy
Aborted pregnancy
Low birth weight
Diarrhea

6. BE KIND TO YOUR GRAINS ... AND YOUR GRAINS WILL BE KIND TO YOU

This rule applies to all seed foods: grains, legumes, nuts and other seeds.

ENDOSPERM
BRAN LAYERS
GERM

ADDITIVES IN WHITE FLOUR

SYNTHETIC VITAMIN B1

SYNTHETIC VITAMIN B2

SYNTHETIC FOLIC ACID

INORGANIC IRON

BLEACHING AGENTS

Excellent source of Calcium!
WONDER
SANDWICH
WONDER
BIG
Excellent source of Calcium!
WONDER
SANDWICH

PROPER PREPARATION OF SEED FOODS

IMITATES NATURAL FACTORS THAT NEUTRALIZE THE SEED'S "PRESERVATIVES" AND ALLOW IT TO SPROUT:

MOISTURE

WARMTH

SLIGHT ACIDITY

TIME

GOOD THINGS IN WHOLE GRAINS

B Vitamins

Macro and Trace Minerals

Vitamin E

Protein

Essential Fatty Acids

Fiber

BAD THINGS IN WHOLE GRAINS

PHYTIC ACID – if not neutralized

ENZYME INHIBITORS – if not deactivated

FIBER – irritating if not properly prepared

RANCID ESSENTIAL FATTY ACIDS – if grains are subjected to oxygen and high heat

ALTERED PROTEINS – if grains are subjected to high heat and pressure

QUICK-CHANGE!

from one Fabricated Food to another

HOUR cleans system,
changes extruder
ponents.

CEREAL STUDIES

FOUR SETS OF RATS WERE GIVEN SPECIAL DIETS

Plain whole wheat, vitamins and minerals, water. **Lived over 1 year.**

Water plus vitamins and minerals. **Lived for about 8 weeks.**

Water and white sugar. **Lived for 1 month.**

Puffed wheat, water, and vitamins and minerals. **Died in 2 weeks.**

Source: *Fighting the Food Giants* by Paul Stitt

CEREAL STUDIES

THREE SETS OF RATS, EACH ON A DIFFERENT DIET

Rat chow and water.
Lived over a year, in good health.

Cardboard box the cornflakes came in and water.
Died of malnutrition.

Cornflakes and water
Died before the rats given the cardboard box.

Before death the cornflake rats developed schizophrenic behavior, threw fits, bit each other and finally went into convulsions. Autopsy revealed dysfunction of the pancreas, liver and kidneys and degeneration of the nerves in the spine – all signs of "insulin shock."

PROTEINS IN GRAINS

- Zeins are located in spherical organelles called protein bodies, found in corn.
- In one study (the only study in the literature on extruded grains), researchers found that during extrusion, the protein bodies are completely disrupted and the zeins dispersed.
- The results suggest that the zeins in cornflakes are not confined to rigid protein bodies but can interact with each other and other components of the system, forming new compounds that are foreign to the human body.
- The extrusion process breaks down the organelles and disperses the proteins, which then become toxic. When the proteins are disrupted in this way, they can adversely affect the nervous system, as indicated by the cornflake experiment.

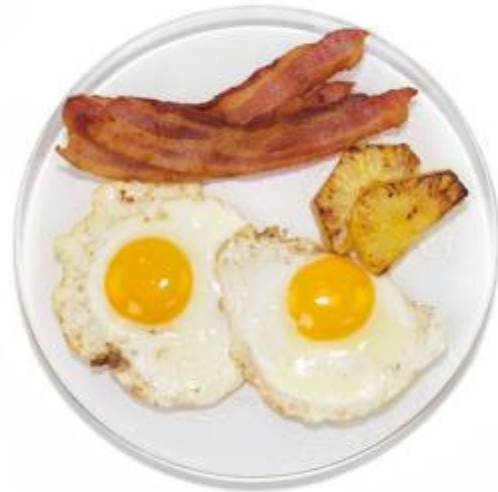
Source: *Cereal Chemistry*. American Association of Cereal Chemists. Mar/Apr 1998 V 75 (2) 217-221.

CRUEL BREAKFAST

GEROLSTEINER
Mineral Water
ONE LITER

GOOD BREAKFASTS

SCRAMBLED EGGS WITH SAUTÉED POTATOES

SMOOTHIE MADE WITH WHOLE YOGURT, EGG YOLKS, FRUIT AND COCONUT OIL

FRIED EGGS WITH NO-NITRATE BACON AND FRUIT

GOOD GRAIN BREAKFAST

1. PLACE ROLLED OATS IN WARM WATER AND SOAK OVERNIGHT WITH 1 TABLESPOON OF SOMETHING ACIDIC – WHEY, YOGHURT, VINEGAR OR LEMON JUICE.

2. NEXT MORNING, BRING WATER AND SALT TO A BOIL.

3. ADD SOAKED OATMEAL, BRING TO A BOIL AND COOK, STIRRING, UNTIL OATS ARE SOFT AND CREAMY.

4. COVER AND LET SIT SEVERAL MINUTES.

5. SERVE OATMEAL WITH PLENTY OF BUTTER OR CREAM AND A NATURAL SWEETENER. SPRINKLE COCONUT AND/OR CRISPY NUTS ON TOP IF DESIRED.

SOURDOUGH PANCAKES

SOURDOUGH PANCAKES

CERTIFIED ORGANIC
PURE
MAPLE SYRUP

CRISPY PANCAKES

1. Make small, thin pancakes.
2. Place on cookie sheet and dry out in a warm oven.
3. Use like crackers with many toppings (cream cheese, honey, pate, caviar).
4. Store in an airtight container.

YOGURT DOUGH

YOGHURT
FRESHLY GROUND WHOLE GRAIN FLOUR
BUTTER
SALT

QUICHE

EMPANADAS

PREPARATION OF CRISPY NUTS

SOAK RAW NUTS IN SALTED WATER 6-8 HOURS TO NEUTRALIZE ENZYME INHIBITORS.

DRAIN SOAKING LIQUID

DRY OUT IN WARM OVEN OR DEHYDRATOR.

CRISPY NUTS

COOKIES

GROUND CRISPY NUTS, ARROWROOT POWDER

BUTTER, RAPADURA

FLAVORINGS (SALT, VANILLA, LEMON PEEL, ETC.)

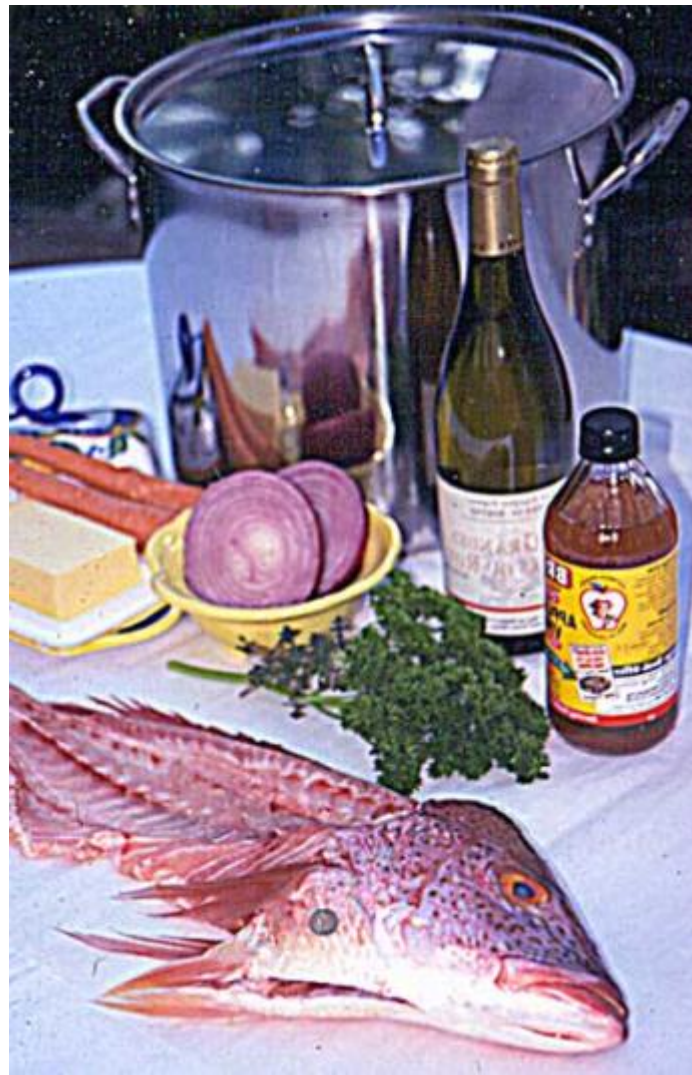
7. MAKE STOCK (BONE BROTH) AT LEAST ONCE A WEEK

CHICKEN STOCK

Whole chicken (including feet) or chicken backs and necks, vegetables (onions, carrots, celery), vinegar, filtered water

CHICKEN STOCK

Good broth resurrects the dead.

South American Proverb

Fish broth will cure anything!

South American Proverb

BEEF STOCK

FOODS THAT CONTAIN HIGH LEVELS OF MSG

MSG has been linked to: diabetes, migraines and headaches, obesity, autism, ADHD and Alzheimer's

INGREDIENTS THAT CONTAIN MSG

Monosodium Glutamate
Hydrolyzed Vegetable Protein
Hydrolyzed Protein
Hydrolyzed Plant Protein
Hydrolyzed Oat Flour
Plant Protein Extract
Sodium Caseinate
Calcium Caseinate
Yeast Extract
Textured Vegetable Protein (TVP)
Autolyzed Yeast
Corn Oil
Soy Protein Isolate
Reduced-Fat Milk

For flavoriety and expertise, it's never too soon to call FIDCO.

If you're searching for a new flavor sensation, FIDCO can provide you the *flavoriety* and expertise you need EARLY IN THE PROCESS for the most successful and cost effective results.

FIDCO can meet the challenge by custom creating the perfect flavor to meet your special need... the one-of-a-kind flavor, as personal as a fingerprint, to assure your product's success.

Call FIDCO for flavorists who have mastered the fine art of tasting – creative people working in partnership with a sales force of food specialists who know and understand the food manufacturing process.

For quick, personal attention, literature and samples, call 914-697-2828.

For information circle 117

The flavor masters

8. EAT A VARIETY OF FRESH VEGETABLES AND FRUITS, PREFERABLY ORGANIC!

FRUITS AND VEGETABLES HIGHEST IN PESTICIDES

The Dirty Dozen

Apples
Celery
Strawberries
Peaches
Spinach
Nectarines (imported)
Grapes (imported)
Sweet bell peppers
Potatoes
Blueberries (domestic)
Lettuce
Kale/collard greens

Source: http://www.ewg.org/foodnews/summary/.

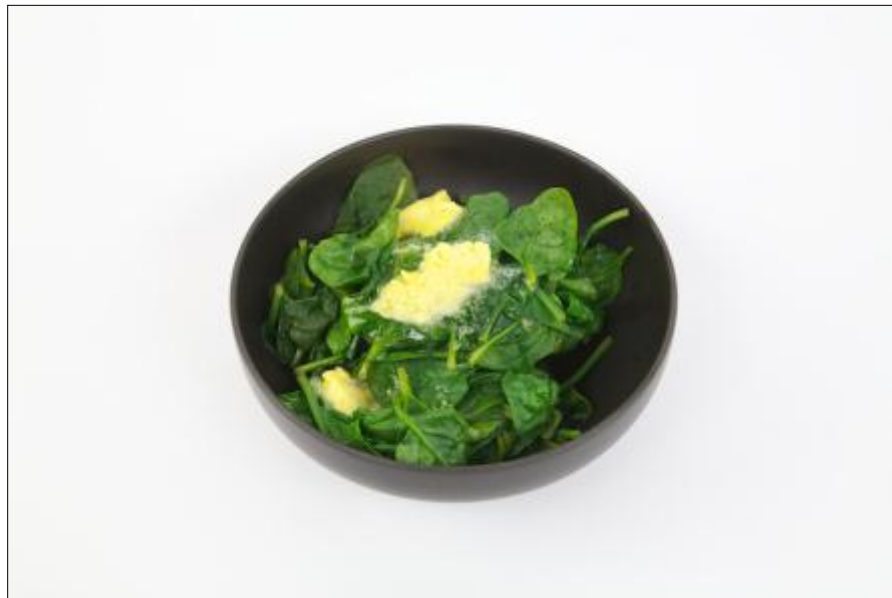
SOME VEGETABLES MAY BE EATEN RAW.

SOME VEGETABLES SHOULD BE EATEN COOKED

Green leafy vegetables – spinach, chard, beet greens, etc.
Cooking neutralizes calcium-blocking oxalic acid.

Cruciferous vegetables – cabbage, Brussels sprouts, broccoli.
Cooking neutralizes goitrogens.

MANY VEGETABLES PROVIDE MORE NOURISHMENT WHEN COOKED.

SPINACH

BROCCOLI

BROCCOLI

LENTIL SOUP

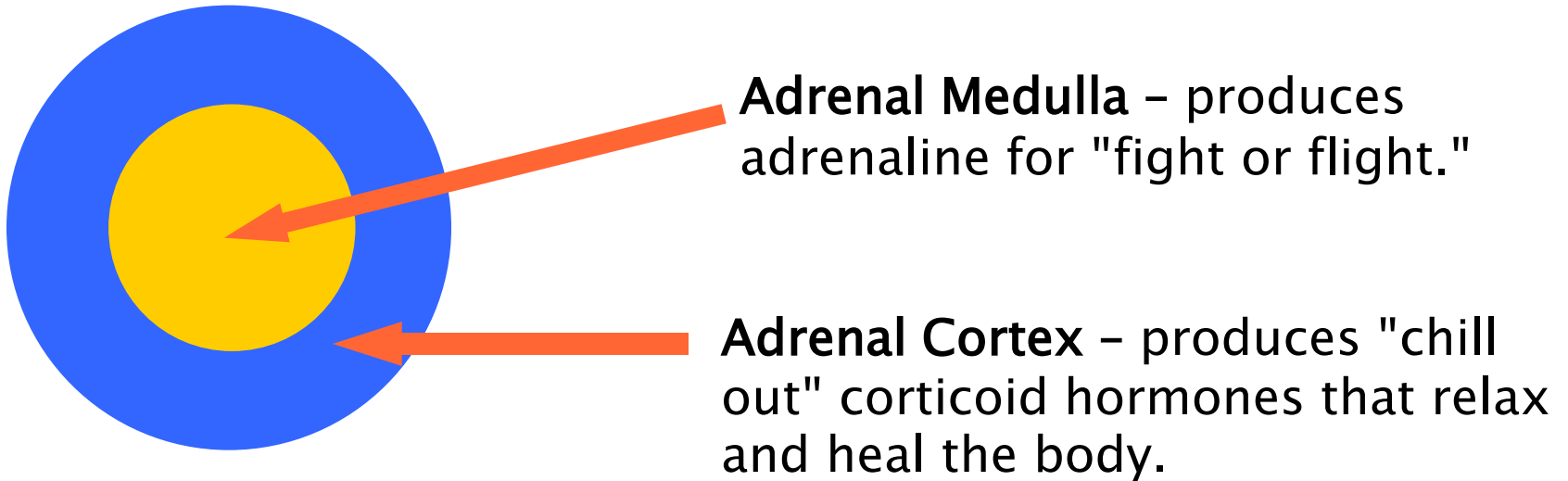
NAME THIS PRODUCT

Water, sugar (sucrose), maltodextrin, calcium and sodium caseinates, high-oleic safflower oil, soy protein isolate, canola oil, soy oil, potassium citrate, calcium phosphate dibasic, magnesium chloride, sodium citrate, artificial flavor, magnesium phosphate dibasic, sodium chloride, soy lecithin, choline chloride, ascorbic acid, carrageenan, calcium carbonate, zinc sulfate, ferrous sulfate, alpha-tocopherol acetate, niacinamide, calcium pantothenate, manganese sulfate, cupric sulfate, vitamin A palmitate, thiamine chloride hydrochloride, pyridoxine hydrochloride, riboflavin, folic acid, biotin sodium molybdate, chromium chloride, potassium iodide, sodium selenate, phylloquinone, cyanocobalamin and vitamin D_3.

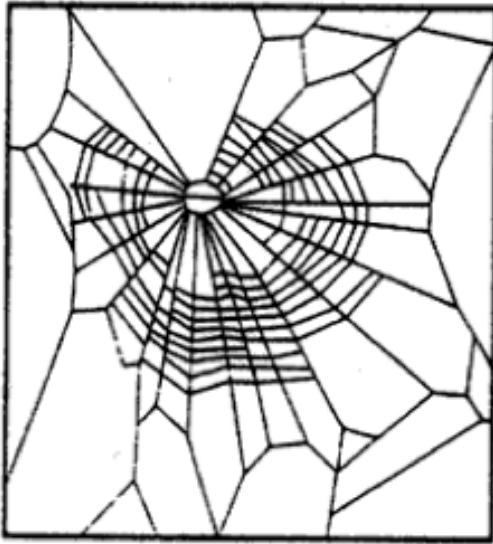
9. REDUCE STRESSES TO THE BODY

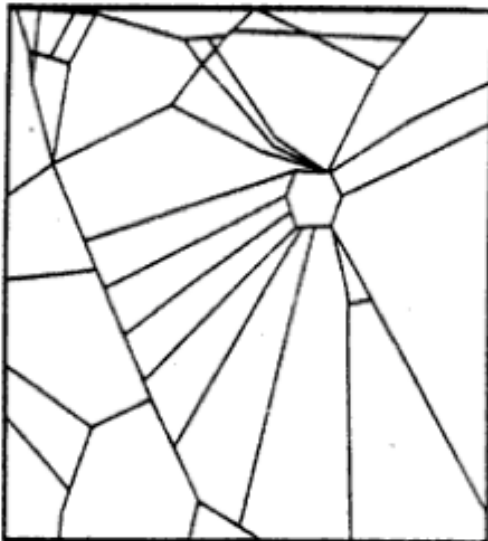
AVOID

- Caffeine and other drugs
- Exposure to pesticides and environmental toxins
- Amalgam fillings and root canals
- Vaccinations
- Extremes of heat and cold
- Dirty food, water and clothes
- Stale air
- Synthetic fabrics
- Strong electromagnetic fields
- Loud, syncopated music
- Partial spectrum fluorescent lights
- Microwaved food
- Cell phones
- High heels

THE ADRENAL GLAND

ADRENALINE: **Sugar** and **caffeine** stimulate the adrenal medulla to produce adrenaline.

HOMEOSTASIS: The adrenal cortex then produces hormones to bring the body back into homeostasis.

ADRENAL EXHAUSTION: With continual stimulation from sugar and caffeine, the adrenal cortex becomes exhausted and we can no longer deal with stress.

MARIJUANA

BENZEDRINE

CHLORAL HYDRATE

CAFFEINE

SPIDER WEBS

Spiders given caffeine spun the most chaotic webs.

THE BODY AND BRAIN CANNOT FUNCTION ON CAFFEINE AND JUNK FOOD!

Instead of junk food based on sugar, white flour and *trans* fats, eat real food such as eggs, meat, cheese, pate, liverwurst, nuts, etc.

Instead of caffeine beverages, drink whole raw milk, broth-based soups, kombucha and other lacto-fermented beverages.

10. PUT THE PRINCIPLES OF LACTO-FERMENTATION TO WORK FOR YOU

FAMILIAR LACTO-FERMENTED FOODS INCLUDE

NATURAL CHEESE AND YOGURT

OLD-FASHIONED PICKLES AND SAUERKRAUT

GRAVLOX (LACTO-FERMENTED SALMON) AND TRADITIONAL SALAMI

FERMENTATION

ALCOHOLIC FERMENTATION

Action of Yeasts on Sugars:

$C_6H_{12}O_6$ (Glucose) $\rightarrow$ $2C_2H_5OH$ (Alcohol) + $2CO_2$

LACTIC ACID FERMENTATION

Action of Bacteria on Sugars:

$C_6H_{12}O_6$ (Glucose) $\rightarrow$ $2CH_3CHOHCO_2H$ (Lactic Acid)

BENEFITS OF LACTO-FERMENTED FOODS

LACTO-FERMENTATION OF VEGETABLES, FRUITS, GRAINS, DAIRY PRODUCTS AND MEATS:

A PRESERVATION METHOD THAT

- Increases vitamin and enzyme content
- Adds lactic acid and beneficial bacteria
- Neutralizes anti-nutrients and improves digestibility
- Breaks down difficult-to-digest proteins and carbohydrates
- Promotes small scale, rather than monopolistic, farming and food processing

MAKING LACTO-FERMENTED FOODS AT HOME

BASIC EQUIPMENT:
POUNDER AND MASON JARS

BASIC INGREDIENTS:
CELTIC SEA SALT AND HOMEMADE WHEY

MAKING WHEY

MAKING WHEY

SAUERKRAUT

LACTO-FERMENTED PICKLES

LACTO-FERMENTED RASPBERRY SYRUP

PEACH CHUTNEY

COMMERCIAL KETCHUP

LACTO-FERMENTED KETCHUP

ORGANIC TOMATO PASTE, FISH SAUCE (HOMEMADE OR COMMERCIAL), SEASONINGS, WHEY, SALT.

MAYONNAISE
KETCHUP
MUSTARD

LACTO-FERMENTED BEVERAGES

SOFT DRINKS

Concentrated Sweeteners

Aspartame

Caffeine

Phosphoric Acid

Artificial Colors

Artificial Flavors

Quality of Water Unknown
may contain Fluoride

Cost: about $1/quart

LACTO-FERMENTED BEVERAGES

Dilute Sweeteners

Mineral Ions

Enzymes

Beneficial Bacteria

Lactic Acid

Natural Flavors

Good Quality Water

Cost: as little as 20cents/quart

AMERICANS CONSUME 56 GALLONS of SOFT DRINKS per PERSON per YEAR!

LACTO-FERMENTED GINGER ALE MADE WITH

FRESH GINGER, FRESH LIME JUICE, RAPADURA OR HONEY, WHEY, SALT, WATER

KEFIR SODAS

SEE RECIPES IN

EAT FAT, LOSE FAT

BY MARY ENIG

AND SALLY FALLON

LACTO-FERMENTED BEET KVASS MADE WITH

BEETS

WHEY

SALT

WATER

COMMERCIALLY AVAILABLE

LACTO-FERMENTED BEVERAGES

KOMBUCHA

KVASS

SOUR GRAIN DRINK

11. PRACTICE FORGIVENESS

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info@westonaprice.org

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Healthy 4 Life

Dietary Guidelines

from the Weston A. Price Foundation

for Cooking and Eating

Healthy, Delicious, Traditional Whole Foods

COLORFUL DIETARY GUIDELINES AND RECIPE BOOKLET BASED ON FOUR FOOD GROUPS

1. Animal Foods
2. Grains, Legumes, Nuts
3. Vegetables and Fruits
4. Healthy Fats and Oils

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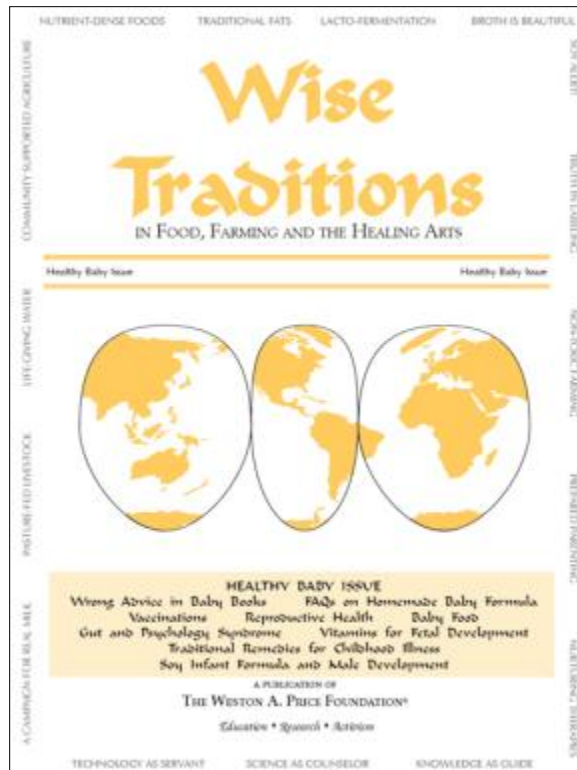
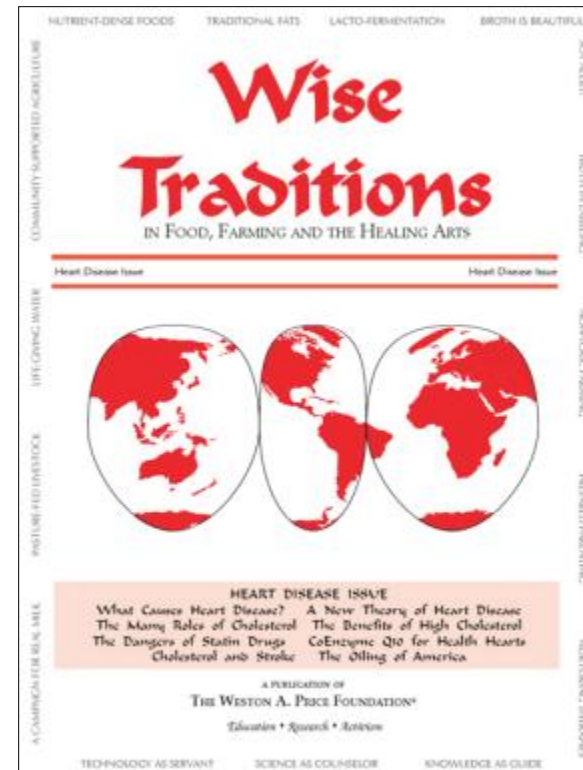

HEALTHY BABY ISSUE

HEART DISEASE ISSUE

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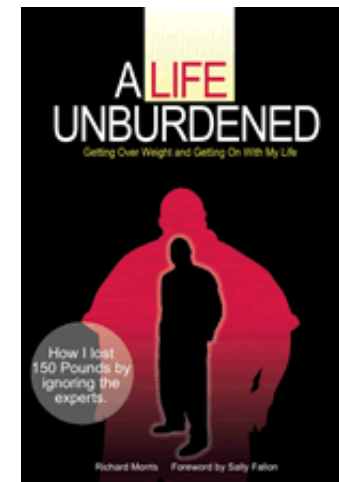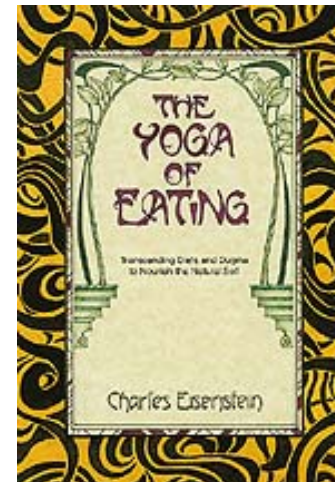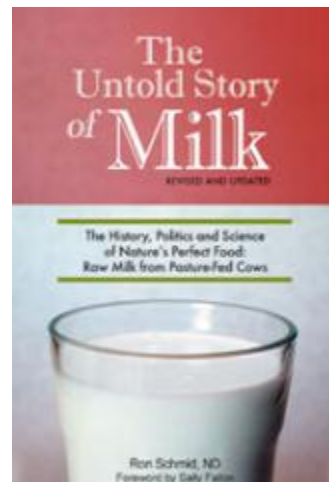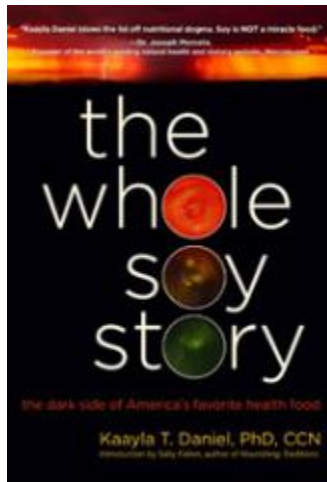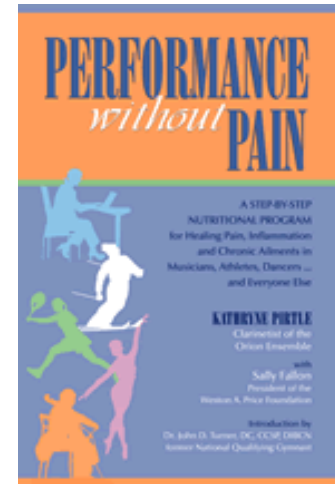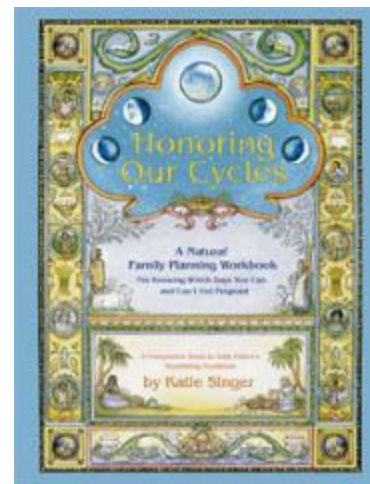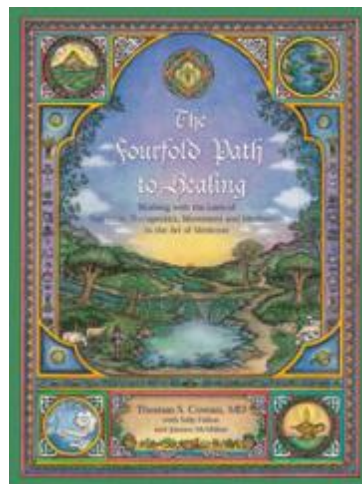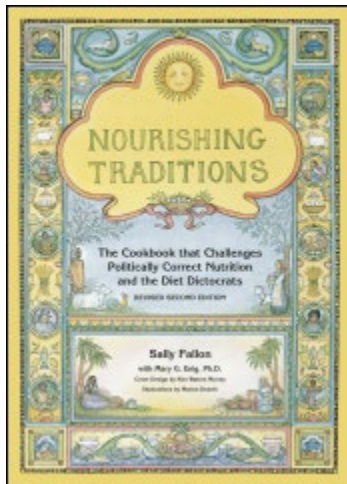
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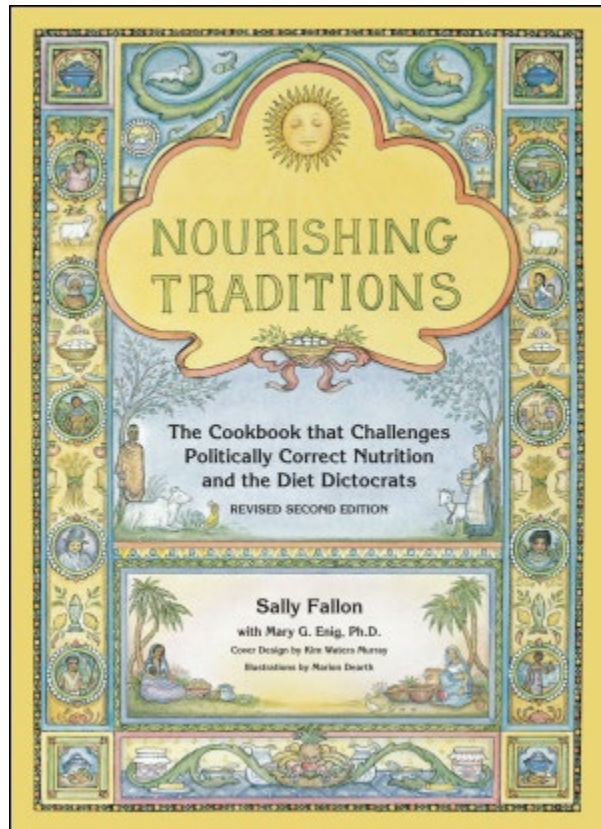
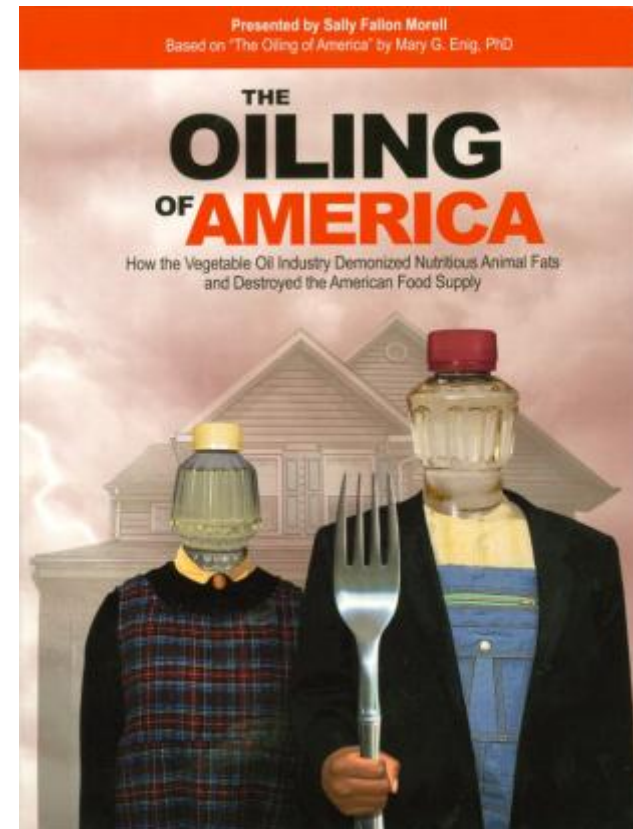

THE OILING OF AMERICA

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A SHOCKING AND POWERFUL TESTAMENT TO THE ADVERSE EFFECTS OF MODERN PROCESSED DIETS UPON HEALTH

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SUMMARY

TRADITIONAL DIETS **MAXIMIZED** NUTRIENTS WHILE MODERN DIETS **MINIMIZE** NUTRIENTS

TRADITIONAL DIETS	MODERN DIETS
FOODS FROM FERTILE SOIL	FOODS FROM DEPLETED SOIL
ORGAN MEATS OVER MUSCLE MEATS	MUSCLE MEATS, FEW ORGANS
ANIMAL FATS	VEGETABLE OILS
ANIMALS ON PASTURE	ANIMALS IN CONFINEMENT
DAIRY PRODUCTS RAW AND/OR FERMENTED	DAIRY PRODUCTS PASTEURIZED
GRAINS AND LEGUMES SOAKED/FERMENTED	GRAINS REFINED, EXTRUDED
BONE BROTHS	MSG, ARTIFICIAL FLAVORINGS
UNREFINED SWEETENERS (HONEY, MAPLE SYRUP)	REFINED SWEETENERS
LACTO-FERMENTED VEGETABLES	CANNED VEGETABLES
LACTO-FERMENTED BEVERAGES	MODERN SOFT DRINKS
UNREFINED SALT	REFINED SALT
NATURAL VITAMINS IN FOODS	SYNTHETIC VITAMINS ADDED
TRADITIONAL COOKING	MICROWAVE, IRRADIATION
TRADITIONAL SEEDS/OPEN POLLINATION	HYBRID SEEDS, GMO SEEDS